Practice Plan Assignment

Section 1(25 points)

Please create a practice plan for the sport of your choice. **Your practice plan must be formatted like the examples presented in Form 12.6 & Form 12.7 in chapter 12 of your textbook.** Please cite any ideas that aren't your own.

Your practice plan should include the following information:
Date, Practice Start Time and Length of Practice
Practice Objectives (what is the purpose of the practice? What do you hope to achieve as a result of the practice?)
Equipment
Practice Activities (time/name of activity/description/key teaching points/what you are going to do during the practice and key teaching points related to those activities) **Your Practice Activities must be in a chart format like the samples in Chapter 12 of your textbook.**
Evaluation (because you aren't going to actually conduct the practice, highlight some points related to what you think is likely to go well, or issues you anticipate the athletes might have during the practice/what you plan for the next practice)

Section 2 (25 points)

PLEASE INCLUDE SITE FOR PRACTICE SESSION!!! CAN BE ONLINE OR LOCATION!!

Please watch a practice session for a sport of your choice. This cannot be a practice that you participate in. This practice can be any sport that you select, and it can be in person or online. There are many practice sessions posted on YouTube if you cannot attend one in person. Many schools have summer practice sessions you can attend. If you attend a practice session in person, be sure that you have permission from the coach/school. After observing the practice, please write a **two-page reflection incorporating answers to the following questions:**

What was the age of the athletes and their level of competition (e.g., recreational, high school, club, college, professional, etc.)?
What was the objective/s of the practice?
How long was the practice?
How did the athletes appear to respond to the practice?
What did you like/dislike about the practice?
What could the coach have done to make the practice more effective?
How did the practice compare to the practice plans presented on Form 12.6 & Form 12.7 in chapter 12?

What did you learn from observing the practice?
What team did you observe?
Where was this practice held?
Who was the coach?